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Here's Why You Should Consider Eating More Tomatoes



BY MICHAEL LA CORTE / MARCH 13, 2022 7:04 PM EDT

“While the nightshade theories require further research, there is a true downside for some that eat tomatoes.

Vanguard Gastroenterology states that tomatoes are a no-no for those living with GERD or acid reflux as the acid can worsen symptoms.”